
Bariatric (Weight Loss) and Metabolic Surgery

VA Palo Alto Bariatric Surgery
Center

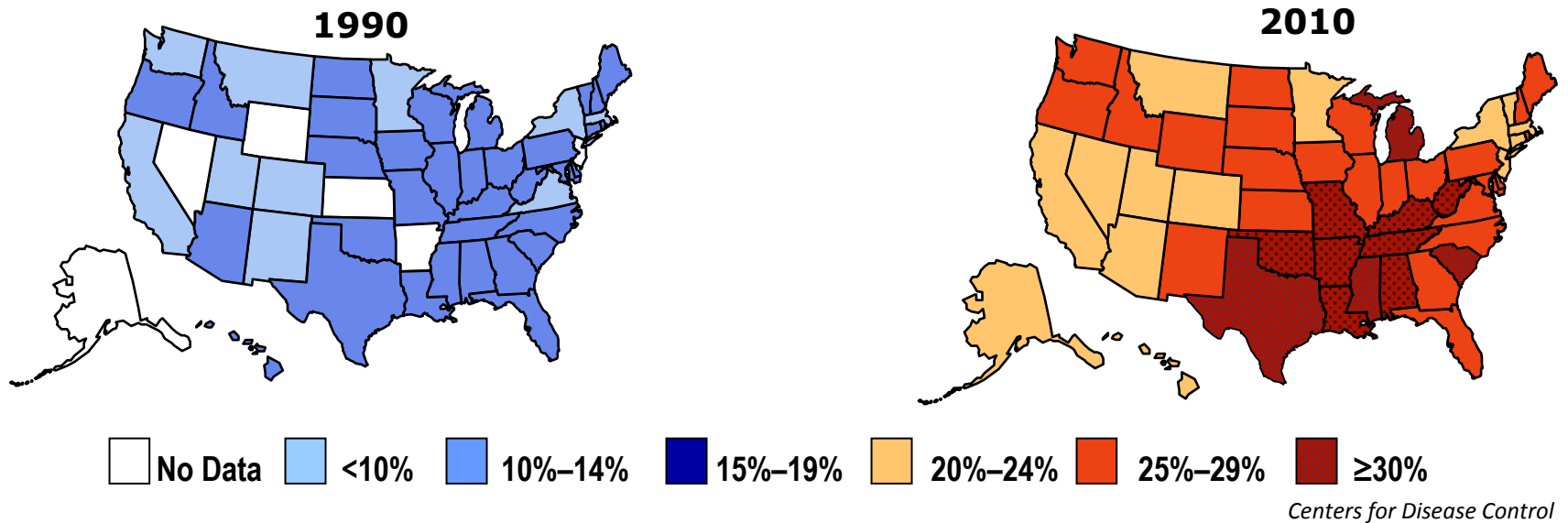
Looks can be deceiving...

Weight Loss Surgery
(Bariatric Surgery) can
produce dramatic results,
but requires a lot of work
and a strong commitment.



Obesity is a growing epidemic

United States Obesity Statistics (*% obese by state*)



[65% of American adults are overweight or obese]

Obesity is a serious healthcare concern

- Obesity is associated with high blood pressure, diabetes, sleep apnea, heart disease, stroke, joint disease, liver disease.
- Obesity-related deaths are second only to tobacco-related diseases as a cause of preventable and premature death.

Who is obese? Who is overweight?

$$\text{Body Mass Index (BMI)} = \frac{\text{Weight}}{\text{Height}^2}$$

| | |
|----------------|------------------------------------|
| Overweight | BMI more than 25 kg/m ² |
| Obese | BMI 30 to 34.9 kg/m ² |
| Severely Obese | BMI 35 to 39.9 kg/m ² |
| Morbidly Obese | BMI more than 40 kg/m ² |

Why Undergo Surgery for Weight Loss?

- It helps attain significant and long-lasting weight loss
- Leads to improvement or remission of co-morbid conditions
- Increases life expectancy
- Improves quality of life
- Often, it is the best option: There is no reliable, durable medical treatment of morbid obesity
 - Most patients regain most or all of the weight that was lost within 2-5 years following diet or drug treatment

Who Qualifies for Weight Loss Surgery?

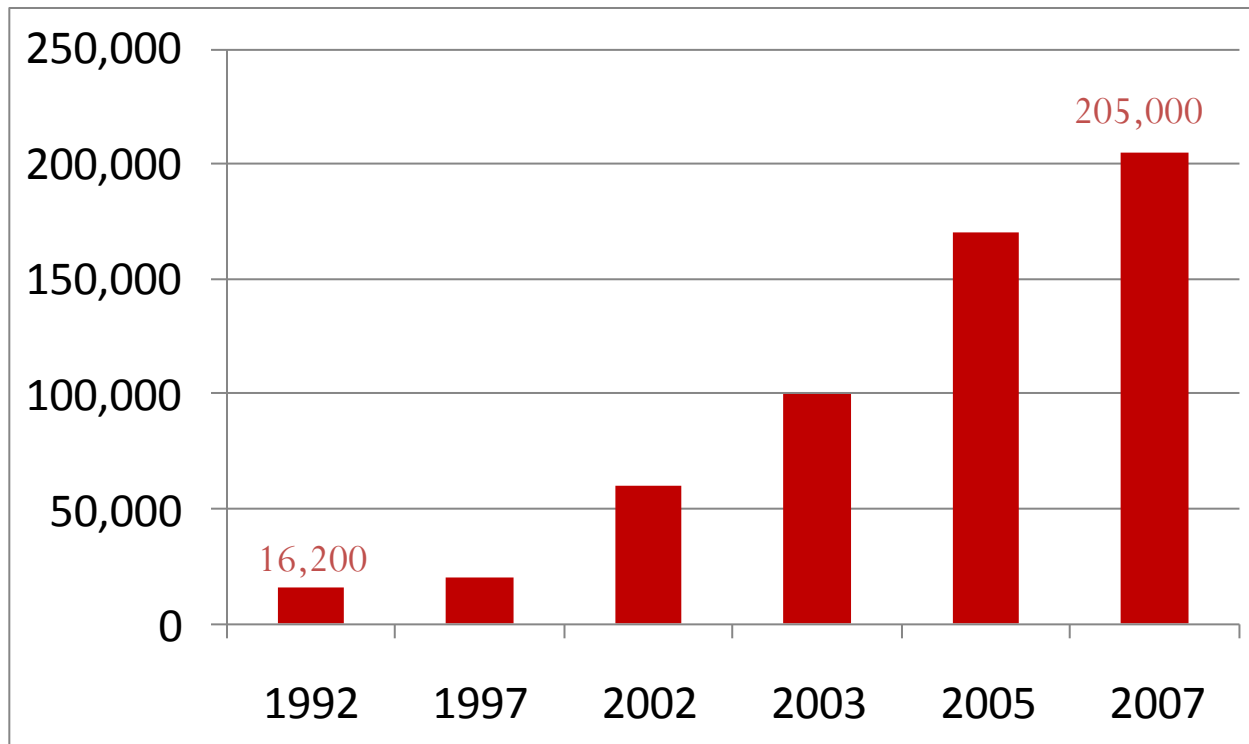
- Patients with a BMI of 40 kg/m² or greater (approximately 100 pounds overweight)
- Patients with BMI > 35 kg/m² who also suffer from medical conditions related to obesity:
 - Sleep Apnea
 - Diabetes
 - High Blood Pressure
 - Joint Disease

Who Is **Not** Eligible for Surgery?

- Patients with an on-going substance abuse, eating disorder, or major psychiatric problem which is untreated and/or unresolved.
- Patients who are too ill or too high risk for surgery
 - For example: significant heart, lung, kidney disease.

Bariatric Surgery is now commonly performed

Bariatric operations performed in the North America (1992-2007)



Surgical Options at the Palo Alto VA

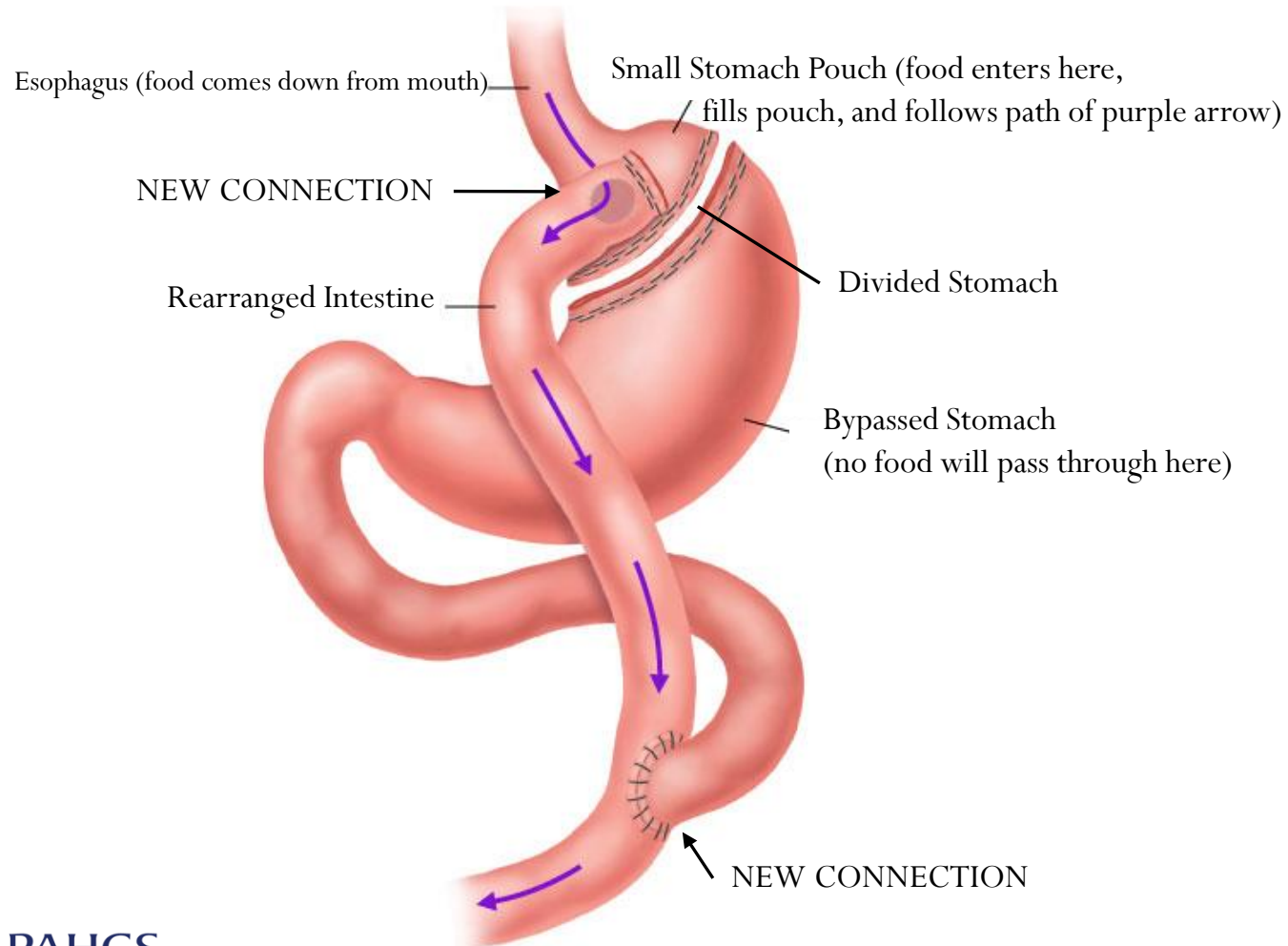
1. Gastric Bypass

2. Sleeve Gastrectomy

1. Gastric Bypass

- 1) Create a small stomach pouch by dividing the stomach
- 2) Pouch fills with small amount of food
- 3) Rearrange intestines to allow path for food to flow
- 4) Re-routed intestine bypasses the stomach and leads to a mild degree of malabsorption of fats and other nutrients.

1. Gastric Bypass



Benefits of Gastric Bypass

- Very effective in obtaining and maintaining long-term weight loss:
 - >20% total weight loss after 10 years
- Improvement or remission of obesity-related medical conditions:
 - Improved or resolved diabetes in >80% of patients
- Improved quality of life

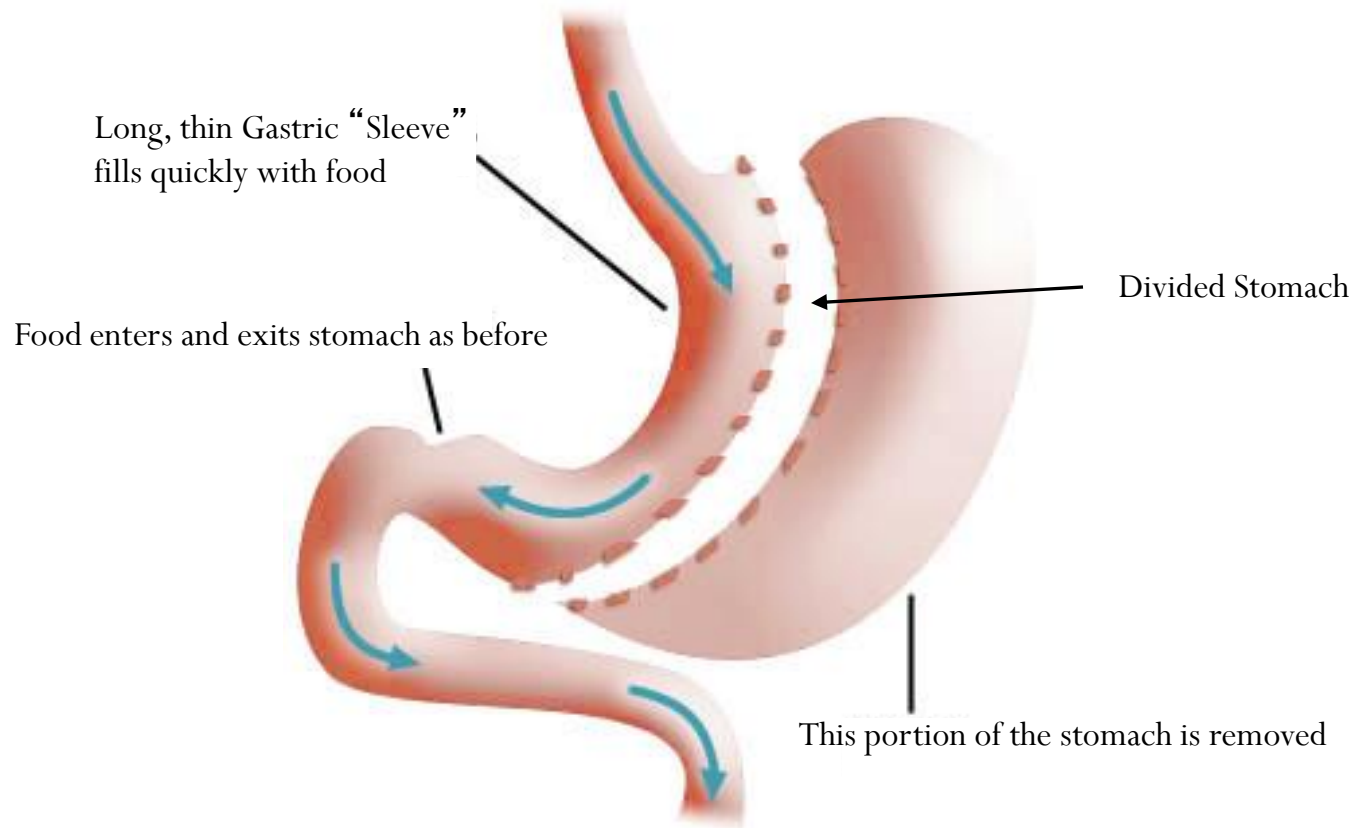
Potential Complications of Gastric Bypass

- Anastomotic leak (0.3-2%) – (Leakage from one of the new connections)
- Staple-line leak (0-3%)
- Nutritional deficiency (6.2%) – (ex. Calcium, Folate, Vitamin B12, Iron)
- Gastrogastic fistula (0.25%)
- Marginal ulcers (4.1%)
- Internal hernia (0.2-4%)
- Wound Infection: Laparoscopic (3%) Open (10%)
- Deep Vein Thrombosis (0.05%) - (Blood clot in vein of the leg)
- Pulmonary embolism (0.21%) – (Blood clot in heart and lungs)
- Respiratory complications (0.39%) – (for example, pneumonia)

2. Sleeve Gastrectomy

- 1) Divide the stomach to create a long, sleeve-like pouch that fills quickly with food.
- 2) Remove the excess stomach from the body.
- 3) Food enters and exits stomach as it did before (intestines not rearranged).

2. Sleeve Gastrectomy



Benefits of Sleeve Gastrectomy

- Effective in obtaining and maintaining long-term weight loss:
 - Up to 20% total weight loss after 5 years
- Improvement or remission of obesity-related medical conditions:
 - Improved or resolved diabetes in >80% of patient

Potential Complications of Sleeve Gastrectomy

- Staple-line leak (1-5%)
- Wound Infection: Laparoscopic (3%) Open (10%)
- Deep Vein Thrombosis (0.05%) - (Blood clot in vein of the leg)
- Pulmonary embolism (0.21%) – (Blood clot in heart and lungs)
- Respiratory complications (0.39%) – (for example, pneumonia)

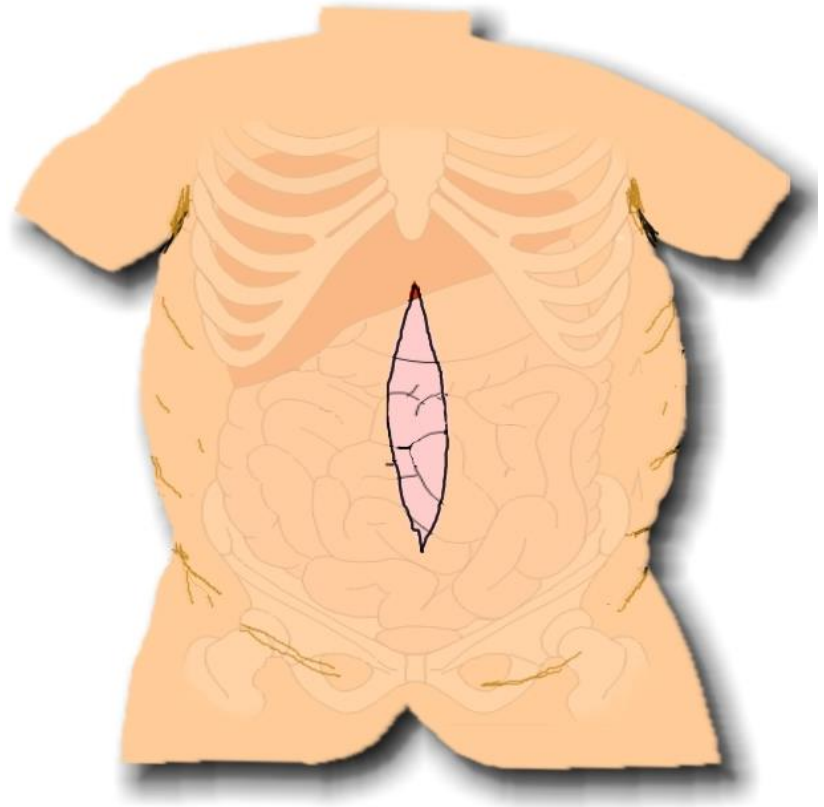
Weight loss surgery

All these operations are preferentially performed “***laparoscopically***”

- Smaller Incisions, Less Pain
- Quicker recovery period
- Earlier return to normal activities
- Better cosmetic outcome

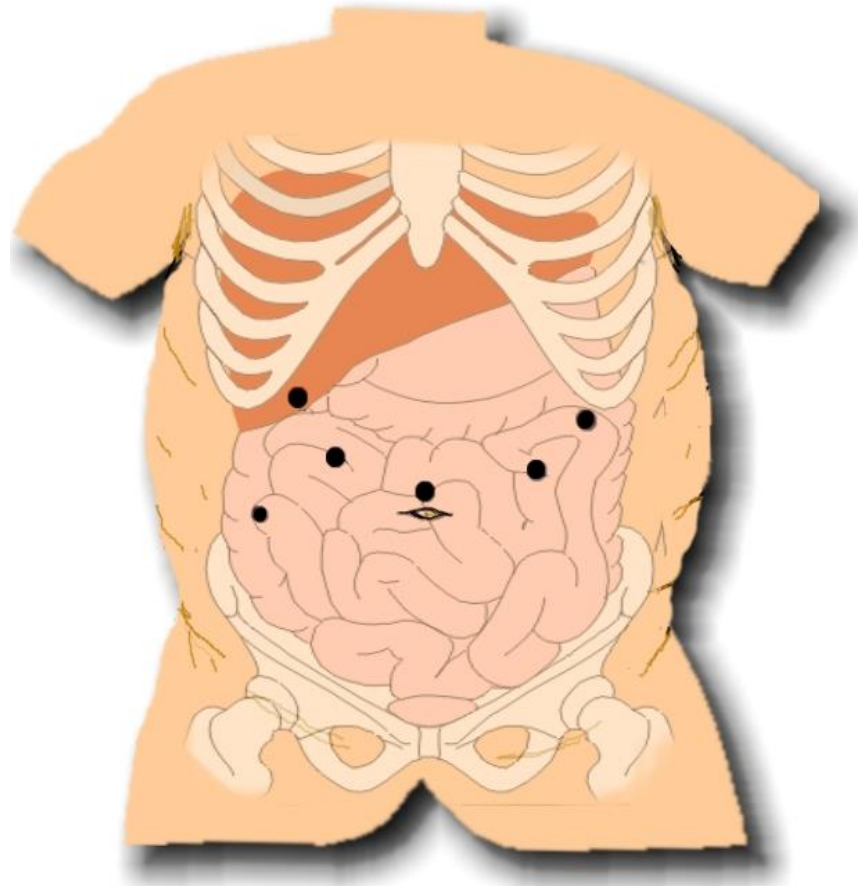
“Open” or Traditional Surgery

A 10- to 15-inch incision is made so that the surgeon can place his/her hands and instruments into the abdomen to complete the surgery.



“Laparoscopic” Surgery

5 to 6 0.25-0.5 inch incisions are made to allow the surgeon to place a camera and instruments into the abdomen to perform the surgical procedure.



What you can expect...

- Preoperative Evaluation:

Medical

- Medical readiness for surgery needs

Behavioral Medicine

- Certain behavioral/lifestyle/psychological perceptions and practices are not conducive to a good outcome with surgery.
 - Psychological evaluation

Surgical

- Attain clear understanding of risks and benefits of the procedure

Initial Post-Surgery Diet

- If you are recovering well after surgery, you will start liquids by mouth on the first or second day after surgery.

Start with 1 oz. of water every hour

(If nausea, hold for one hour, then try again)



Initial Post-Surgery Diet

If water is tolerated well...

- Meals = 2 oz. of nutritional supplement at each meal
 - High protein Jello for snacks
- Supplement with plenty of fluids.
- Chewable multivitamin

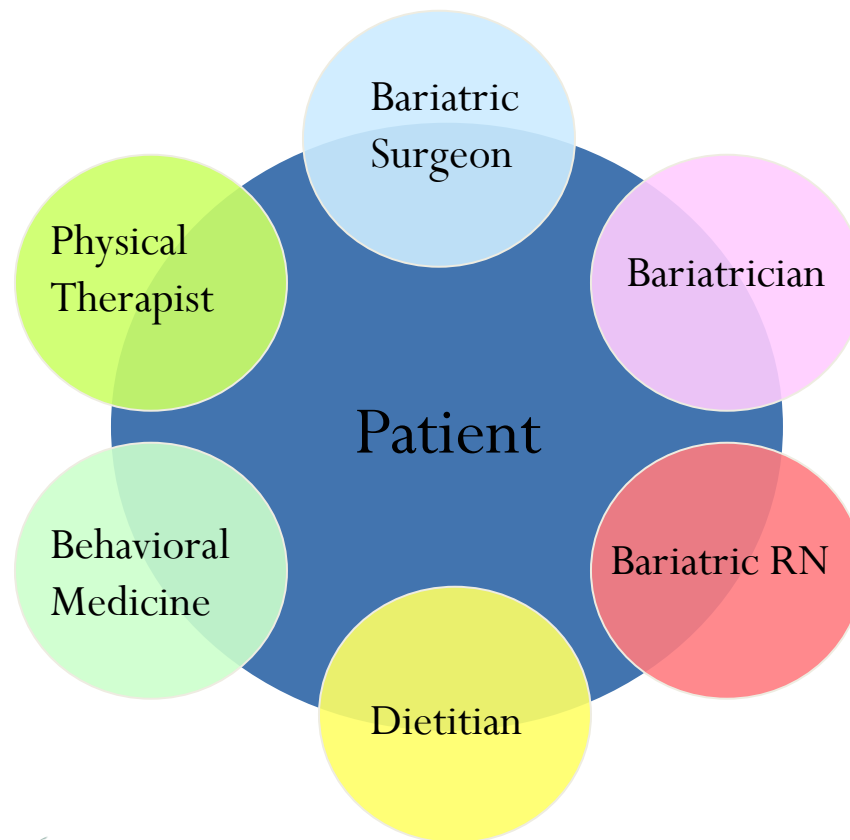


2 Weeks After Surgery

- You will see us in Surgery Clinic to ensure that you are doing well
- You will start new solid food diet
- We will reinforce health dietary habits and encourage a regular exercise routine....
for the rest of your life!

2 Months After Surgery

See the entire Team at the MOVE TIME clinic



Take Home Message...

- Surgery is the most successful method for significant, long-lasting weight loss, and improvement of associated medical conditions.
- Surgery is a tool and to be used as an initial step for life-long change.

Bariatric Surgery at the Palo Alto VA

We look forward to meeting you and discussing weight loss surgery further!